A suggested timeline to get your essay submitted by November 1st.

**October 1-7**
Have essay topic selected and begin research.

**October 8-15**
Continue research, determine creative approach, outline essay, save references.

**October 16-22**
Write draft of your essay and have it checked for grammar, punctuation, and spelling by your adult editor.

**October 23-31**
Make final edits to your essay and have your adult editor review one more time.

Submit application and essay to [essaycontest@abmf.org](mailto:essaycontest@abmf.org) no later than midnight MDT on **November 1st**.